



National Nutrient Database for Standard Reference

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Statistics Report 14006, Alcoholic beverage, beer, light

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	94.88	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Energy	kcal	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Energy	kJ	123	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Protein ¹	g	0.24	167	0.005	0.14	0.51	166.0	0.235	0.254	1	Analytical or derived from analytical	--	04/2005
Total lipid (fat) ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Ash ¹	g	0.09	167	0.002	0.05	0.19	166.0	0.09	0.097	1	Analytical or derived from analytical	--	04/2005
Carbohydrate, by difference	g	1.64	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2005
Fiber, total dietary ²	g	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Sugars, total ²	g	0.09	4	0.017	0.07	0.14	3.0	0.037	0.147	1	Analytical or derived from analytical	--	04/2004
Sucrose ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ²	g	0.09	4	0.017	0.07	0.14	3.0	0.037	0.147	1	Analytical or derived from analytical	--	04/2004
Fructose ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch ²	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca ²	mg	4	4	0.231	3	4	3.0	3.033	4.501	1	Analytical or derived from analytical	--	04/2004
Iron, Fe ²	mg	0.03	4	0.006	0.01	0.04	3.0	0.006	0.046	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg ²	mg	5	4	0.362	4	5	3.0	3.635	5.94	1	Analytical or derived from analytical	--	04/2004
Phosphorus, P ²	mg	12	4	1.519	7	14	3.0	6.691	16.359	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K 2	mg	21	4	1.577	17	25	3.0	16.058	26.092	1	Analytical or derived from analytical	--	04/2004
Sodium, Na 2	mg	4	4	1.140	3	8	3.0	0.607	7.863	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 2	mg	0.01	4	0.001	0.01	0.01	3.0	0.006	0.011	1	Analytical or derived from analytical	--	04/2004
Copper, Cu 2	mg	0.006	4	0.001	0	0.01	3.0	0.002	0.01	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn 2	mg	0.006	4	0.001	0.01	0.01	3.0	0.005	0.008	1	Analytical or derived from analytical	--	04/2004
Selenium, Se 2	µg	0.4	4	0.087	0.1	0.5	3.0	0.1	0.655	1	Analytical or derived from analytical	--	04/2004
Fluoride, F 2	µg	45.3	142	2.265	6.9	91.8	141.0	40.864	49.82	1	Analytical or derived from analytical	--	03/2005
Vitamins													
Vitamin C, total ascorbic acid 2	mg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Thiamin 2	mg	0.005	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2004
Riboflavin 2	mg	0.015	4	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	04/2004

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Niacin 2	mg	0.391	4	0.023	0.33	0.43	3.0	0.317	0.465	1	Analytical or derived from analytical	--	04/2004
Pantothenic acid 2	mg	0.030	4	0.000	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin B-6 2	mg	0.034	4	0.002	0.03	0.04	3.0	0.028	0.04	1	Analytical or derived from analytical	--	04/2004
Folate, total 2	μg	6	4	1.153	4	9	3.0	2.738	10.079	1	Analytical or derived from analytical	--	04/2004
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	6	4	1.153	4	9	3.0	2.738	10.079	1	Analytical or derived from analytical	--	04/2005
Folate, DFE	μg	6	--	--	--	--	--	--	--	--	Calculated or imputed	--	10/2006
Choline, total	mg	8.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin B-12 2	μg	0.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2005
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2005
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ²	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

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8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total monounsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986

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22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total polyunsaturated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:2 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/1986
Amino Acids													
Tryptophan 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Threonine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Isoleucine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Leucine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Lysine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Methionine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Cystine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Phenylalanine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Tyrosine 2	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Arginine ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Histidine ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Alanine ²	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Aspartic acid ²	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glutamic acid ²	g	0.039	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Glycine ²	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Proline ²	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Serine ²	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Other													
Alcohol, ethyl ¹	g	3.1	167	0.027	2	4.1	166.0	3.084	3.189	1	Analytical or derived from analytical	--	04/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Flavonoids													
Isoflavones													
Daidzein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Alcohol and Tobacco Tax and Trade Bureau Wine and malt beverage data from TTB, 2004 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7b, 2002 Beltsville MD

³Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan., 2006 Nutr. Cancer 54 pp.184-201